



Personal Safety

Presented by: The Carlsbad Police Department - For more information contact the Crime Prevention Unit at (760) 931-2105 or report a crime at (760) 931-2197

In an Emergency Dial 9-1-1

Outside:

- There is safety in numbers, whenever possible, don't go alone. Plan for going out late in pairs.
- Stay alert in your surroundings.
- Make eye contact with everyone and look around.
- The best prevention is precaution.
- Communicate confidence Walk with purpose. Be in control of the environment and show it.

Walking:

- Keep purse inside coat or wear a fanny back or backpack. A purse or anything being carried is usually the target - not the person.
- Do not wrap purse straps around arm or neck.
- Know area well enough to know where to go for help.
- Don't be overloaded with packages.
- Walk facing traffic.
- Walk away from buildings and towards center of sidewalk.

If Followed:

- Change direction by crossing the street or turning around.
- Drop heavy packages or kick off shoes.
- Make a lot of noise - attract attention to situation.
- Yell "Call the Police" rather than "Help".
- Go towards busiest area – street or stores

Parking Lot:

- When walking to your car in the parking lot, keep your purse away from traffic
- Get into passenger side of car if someone is sitting in car next to driver's side.
- Don't be forced into a car- YOU, not the offender, choose your destination.

- Lock car every time - do not have any possessions in view
- Put valuables in trunk prior to arrival at destination
- Disable trunk release lever
- Secure vehicle registration and insurance information
- Do not display expensive stereo brand stickers on vehicle
- Remove garage door openers when leaving car
- Use an alarm system

Physical/Sexual Assault:

- Know what strengths you possess - if you panic, you lose control of the situation
- Getting away has to be first priority - know escape routes from any location where attacks takes place
- Yell, scream and make as much of a scene as possible

If you are followed:

- Stay on busy streets and call attention to yourself- DO NOT DRIVE HOME!
- Blow horn
- Flash lights
- Change lanes
- Go to nearest police station, fire station, or business